1. Introduction to Male Condoms

Male condoms are made of latex and if used correctly, have an 80 - 90% chance of preventing HIV transmission during sex with a partner who has HIV and most sexually transmitted infections.

High quality condoms meet the standards of the World Health Organization (WHO) and the International Organization for Standardization (ISO). They should also meet the standards of the country or region where they are sold.

If condoms are used every time, they have a dramatic impact on HIV transmission. HIV prevalence among sex workers in Thailand dropped when more than 90% of SWs used condoms every time. This is our goal for Vietnam. When we say the word "consistent", we mean every single time. If we don't use condoms with a partner that has HIV even once, there is a chance we can get HIV.

Condoms have enemies:

- **Bad production**: Make sure your condoms have a respected brand or are distributed from a trusted source. Good producers operate by international standards and do many tests to ensure the condoms you use don't have defects like holes. You should also check the quality of the condom before you use it. We will talk about this soon.
- **Expiry**: Condoms should expire after 3-5 years and should have the expiry date on both the outside package and on the foil (inside package).
- **Bad storage**: Heat destroys latex so condoms should be kept in a hot place, in direct sunlight, or carried in pockets or wallets for long periods of time.
- **Use of oil-based lubricant with condoms**: oil also destroys condoms, so we shouldn't use oil, lotion, or topical antibiotic (penicillin) with condoms. A broken condom is an ineffective condom.
- **Incorrect use**: When condoms break, it is most often because the condom was put on the penis incorrectly. In the next section, we will learn the correct way to put on and use a condom.

Some other sample of incorrect use:
- Put a condom over the tip of the penis and roll it down half way.
- Have sex for a little while and then put on the condom.
• Non-use: No matter how many high quality condom you have, if you don’t use them, they can’t help prevent HIV transmission. No excuses; use condoms every time.

What to do if a condom breaks during sex?

If a condom breaks, withdraw the penis immediately. Wash up if possible. You can start having sex again with a new condom.

2. How to use a male condom

The trainer first demonstrates how to put a condom on a penis model and then each participant does the same.

• Make sure condom has not expired and check condom package & condom for tears
• Carefully tear open the pack, making sure not to tear the condom
• The shiny, lubricated side of the condom should be on the outside, so the condom can easily be rolled down the penis
• Pinching the top of the condom, roll the condom all the way down the erect penis to the base. The entire penis should be covered by condom.
• If the condom breaks, stop sex. You should use a new condom.
• After ejaculation and while the penis is still erect, withdraw the penis, holding the condom by the base so no semen spills on your partner.
• Holding the base of the condom, pull down. The condom should come off. If you wish, tie it in a knot.
• Dispose of condoms in a trash can. Do not try to flush condoms!

3. Barriers to Condom Use

<table>
<thead>
<tr>
<th>Hai Phong SWs from 2005-06 Ministry of Health Survey</th>
<th>EE-based SWs</th>
<th>Street-based SWs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consistent condom use with one-time client in the past month</td>
<td>77.24%</td>
<td>75.40%</td>
</tr>
<tr>
<td>Consistent condom use with regular client in the past month</td>
<td>58.77%</td>
<td>63.86%</td>
</tr>
<tr>
<td>Consistent condom use with non-commercial sex partner in the past month</td>
<td>16.81%</td>
<td>17.09%</td>
</tr>
</tbody>
</table>

Long term target: Should be at least 95%

We want SWs to perceive using condoms consistently with all clients to maintain their health and future and as more important and beneficial than making more money today.

There are many barriers to condom use, but we have chosen the three themes that we theorize will have the biggest chance of increasing condom use among SWs. Remember the session where we talked about the danger of too many messages? By focusing our messages, we have the best chance of having impact.
Strategy for Consistent Condom Use Strategy (CCU): To increase consistency of condom use outreach workers will
   a. Increase SW condom negotiation skills with clients and regular partners
   b. Increase risk perception on clean-looking and older clients
   c. Promote the belief that condom use is to protect themselves and their boyfriend/spouse.

We will talk about items “A” and “C” in the next session. Let’s focus on item “B”.

We want more sex workers to know that, “A man could be clean, have a clean-looking penis, and be smart-looking and still have HIV or an STI.”

Do you remember when we talked about increasing knowledge with the helmet example? Most people knew that not wearing a helmet while on a motorbike puts them at risk of brain damage if there is an accident, but they did not start wearing a helmet until the law change and was enforced.

We want to make sure that SWs not only agree that someone could have HIV or an STI without looking sick, dirty, or even knowing it, but that SWs apply that knowledge so they reject sex without a condom, even if the partner looks ok.

4. Healthy/Attractive Client Game

We have 15 examples of different men. Can you describe who you think they are? What do you think their story is? (Go through all 15 slides with 1-2 comments from the group per slide).

Now imagine all of these men as potential clients. All of these clients say they prefer to not use condoms.

Let’s use an imaginary example: Hoa. Hoa is a street-based SW.

Which ones do you think Hoa would be more likely to want to use condoms with? Which ones do you think Hoa would think look healthy (no HIV or STIs) and be tempted to accept sex without condoms.

(If the group does not say, make sure some of the reasons/descriptions for a client Hoa would accept without a condom include: older, respectable and polite, smart looking, attractive, looking trustable).

The truth is all of these clients could have HIV. They all could have STIs.

Now put yourself in the mindset of the client. How does he know Hoa is free of HIV or an STI?

He doesn’t. She looks clean and healthy, but we know that someone could have HIV and not look it.

How many women has he had sex with and didn’t use a condom? This man may look clean, respectable, and healthy, but through his behavior he is at high risk of HIV. He
may already have it. Our job is to get SWs to think about the high risk of clients that may look clean, but through their behavior they could have HIV.

**Role play 1:** May I please have 2 volunteers? One will be an outreach worker and one will be Hoa. Once you have read the cards carefully, you will have 5 minutes to act this out.

| “Hoa” You are sitting with the outreach worker at a coffee shop. Please react to the outreach worker as you think Hoa would. |
| “Outreach Worker” Use the cards in a 5 minute session with Hoa. You are both at a coffee shop, so you must be discrete, but for the sake of the participants in the context of this training, please be loud enough for us to hear. Ask her to describe the men in 5 cards just as I have asked with you. Ask her who she thinks is least likely to have HIV. Ask why she thinks so. |

Depending on how she described him, using key terms like “clean”, “respectable”, “smart-looking”, or “attractive” to describe who she picked, give her a scenario where this client has approached her and wants to have sex without a condom.

Then ask what the client knows of her. How does he know she doesn’t have HIV? He simply doesn’t.

Ask her if she thinks he has had sex with other women. Most clients do. If he doesn’t want to use condoms with her it is likely that he hasn’t used condoms with other women including other SWs. What if one of those women had HIV?

He may have HIV, because even though he looks clean, his behavior put him at risk.

Ask Hoa what she thinks she should react to this client who wants to have sex without a condom.

(After the role play has ended, ask the audience some questions.)

- What do you think Hoa will use a condom when a client like the one on the card approaches her to have sex without a condom?
- Do you think a coffee shop is a good place to use this game? Where are good places for this game?
- What do you think the outreach worker did well and what would be improved?

**Role play 2:** May I please have another 2 volunteers? One will be an outreach worker and one will be Hoa. “Hoa”, please choose from the cards one client that looks clean and healthy.

I will give you each a card with the situation and after you have read it carefully, you will have 5 minutes to role play the situation. (Time the role play which should be maximum 5 minutes, once 5 minutes is over if the role play has not finished, interrupt and say the client has arrived).
“Hoa” You are sitting with the outreach worker on a bench in the park and you see this client from a distance, about 5 minutes away. He is a regular client and you know he will want to have sex without a condom. You have had sex with him without a condom before. You also know that he has had sex with other SWs. The outreach worker does not know this. Please react to the outreach worker as you think Hoa would.

“Outreach Worker” You are sitting with Hoa on a bench in the park and you see this client. You do not know him, but you believe he will try to have sex without condoms. He is talking to a friend and you have 5 minutes before he arrives to visit Hoa.

Within those 5 minutes, you must try to convince Hoa to use condoms with this client.

Remind Hoa that in spite of him looking clean, his behavior puts him at high risk of HIV.

If he has sex with Hoa without a condom when he doesn’t know if she has HIV, he may do the same with other SWs. Those SWs could have HIV.

- What do you think Hoa will use a condom when the client approaches her to have sex without a condom?
- What do you think the outreach worker did well and what would be improved?
- Any other comments?

(Don’t forget to thank the volunteers. It is hard to stand up in front of others, especially at the beginning, and have people comment on their work. Ask the audience to congratulate them for their bravery. Then remind the audience that everyone should volunteer at least once through the training.)